

What we see



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To stay grounded Anni Kamola practices a daily conscious dance meditation called the 5Rhythms. Here she is dancing staccato, the expressive, masculine, shape-shifting energy. This energy helps move her forward in her daily job.

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(presence-studio.com) and photographer Scotty Lewis.)

Dancing the God-Spark

By Anni Kamola

We live in unprecedented times of complicated strange unknowns. The tumultuous nature of what we face environmentally, politically, socially, and technologically seems vacillatingly overwhelming, heart breaking, and inspiring. For me, and for many people I see around me, the greatest challenge we face is staying grounded in the unknown. From places of grounded choice grow our greatest offerings to the world.

To stay grounded I practice a daily movement meditation. I cannot emphasize enough how important it is for us ritual-based humans to give ourselves a daily physical practice, be it yoga, running, kung fu, or soccer. The practice that works for me is a conscious dance meditation called the 5Rhythms, developed by Gabrielle Roth (1941-2012).

The five individual rhythms I study on the dance floor are road-markers on the infinite spectrum of energy and movement: flowing, staccato, chaos, lyrical, and stillness. As I move through the five different rhythms, I also practice calling myself to be

Continued on Page 2

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Is Your
Past
Past? 3

Swimming Lessons
for Dogs? 14



A Real Day
of Vacation 10

Your Living
Food 12



A Grief Toolkit for the Living

By Trisha Mahi

When someone close to us dies, a process of adjustment begins. This may be made easier by following some of the examples that speaking to the dead have provided.

I don't worry about promises made about burial arrangements that can't be kept.

The enlightened dead seem to care very little about burial arrangement snafus and 3-D issues that they view as out of the bereaved person's control. I've learned that the dead want to be buried next to his father in a well-maintained gravesite. He wasn't.

His girlfriend "went on the cheap" to put it in his words. Soon after the man's death, the girlfriend had shipped town. She had his ashes and the location of the ashes is a family mystery.

This left the dead man's sister in a terrible state. It was her brother's wish to be buried next to his father. During the funeral, she was told that her brother, forgiving, calm soul who said he "didn't give a lick" where he was buried or where his ashes were. He said, "I don't care if you park cars at my gravesite." He showed up old, rusty '45 engine plopped in the back of his brother's car.

His sister said, "That's my brother! He had to clean up all the old rusty cars and car parts when my dad died; that fits!" So, two things happened: She was told that her brother's funeral was planned, and he had proven to her who he was by telling a story from his past that she remembered. Rusty cars! The woman went away feeling better.

Continued on Page 6

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(Photos used with permission of Jenny Blake [jenny@studio.com] and photographer Scotty Lewis.)

Dancing the God-Spark

By Anni Kamola

We live in unprecedented times of complicated strange unknowns. The tumultuous nature of what we face environmentally, politically, socially and technologically seems vacillatingly overwhelming, heart breaking, and inspiring. For me and for many people I see around me, the greatest challenge we face is staying grounded in the unknown. From places of grounded choice grow our greatest offerings to the world.

To stay grounded I practice a daily movement meditation. I cannot emphasize enough how important it is to take time to give ourselves a daily physical practice. Be it yoga, running, kung fu, or soccer. The practice that works for me is a conscious dance meditation called the 5Rhythms, developed by Gabrielle Roth (1941-2012). The 5Rhythms are a series of dances on the dance floor are road markers on the individual's path of energy and movement: flowing, staccato, chaos, lyrical, and stillness. As I move through the five different rhythms, I also practice calling myself to be

Continued on Page 2

Dancing the God-Spark

Continued from front page

fully present and embodied in my daily life, the keys to staying grounded. Follow with me as I move through a normal day. These are the basics to the practice that you, too, can integrate into your daily life, and can use as a beginning point to deepen your own study of the rhythms.

Flowing is the receptive, feminine, circular energy. Flowing begins in the feet's sense connection to the earth. Each body part connects to the next, as if dancing a child's connect-the-dots drawing. In flowing, I simply acknowledge what shows up within my body and emotions. In my most basic day-to-day life, flow finds me (for example) in the morning as I'm slowly waking, making my cup of coffee, stretching, preparing breakfast, and reading a book.

When enough energy gathers, my body naturally shifts into staccato, which originates in the power-centers of the heart and pelvis. Staccato is the expressive, masculine, shape-making energy. Staccato is choice. Definition. "Yes." "No." In staccato, a slight pause between each embodied shape creates ground in clarity in movement. In my daily life, staccato moves

me forward in my busy job: research this, note that, call her, e-mail him, file this, schedule that.

When the music speeds up and I can no longer hold the form of staccato without gripping in control, it is time to relax into chaos. Chaos is the natural blend of upswelling flow and forward-moving staccato.

I dance the "both-ness" of chaos: yes and no, up and down, in and out, shoulder and toe. In order to stay grounded in chaos, I have to let go of my head and listen with the wisdom of my entire body, shape shifting in response to the moment. I practice chaos in times at work when too many people gather around the photocopier, 12 conversations erupt simultaneously, my iPhone blings with a text from my mother, three people are all asking me for different things, and the phone rings on top of it all. I can only take a breath, and respond.

Lyrical is the natural alignment coming out of chaos, when everything slips into rightness. Often, lyrical dances me, and I'm watching with wonder as my body unfolds. Lyrical follows inspiration into fullness of being. It is unexpected, and takes form in a myriad of ways, such as deep trance, play, cathartic release, or simple

"Living a conscious, spiritual path is about practicing being fully alive and present, no matter the intensity of the experience."

sweetness. I slip into the expansiveness of lyrical in my daily life when I walk out of the office and into the sunshine, feeling my dreams well up inside me, and I easily connect with loved ones at the end of the day.

Stillness settles in when all extraneous energy evaporates. Stillness is essence. It is simple.

When I dance stillness, my movement is directed by my breath. At home, stillness fills my body when the lights are turned off, dishes done, and I sit by candle light and listen to jazz. Within stillness, I find an uncomplicated connection with Spirit. From here, space is created and I have room to recognize what is, and then the circular energies of flow begin anew.

This movement practice holds the essences of any cycle, such as the creative process, the life cycle, love-making, and the turning of the seasons. Dancing the 5Rhythms works for me like no other meditation, because it connects the

mundane with the divine in a physical way. When religion was taken away from the body and earth and placed in a singular God who rests above an upward-reaching church steeple, our collective consciousness placed our resource for the God-spark far outside of our own bodies.

Let me be clear (let me be staccato): I am not bashing organized religion in any way, who am I to say what may work for someone else? What I do know is that, for me, my greatest connection to the divine is found by sensing my body in any given moment and following the movement of my breath. Living a conscious, spiritual path is about

practicing being fully alive and present, no matter the intensity of the experience. Resourcing divinity from within my left elbow, behind my right scapula, under my left foot, within my sex, around my ribs, between my ears, out my right wrist and back into my left kneecap brings me grounded and brings me alive.

I believe our world desperately needs people who live deeply connected to the wisdom of their own bodies. I believe our times depend on people willing to meet each other in rich relationship. I believe that our survival requires response to the moment's need with infinite creativity and wisdom. I believe we

are on our way towards a deep collective realignment. And I believe that our humanity depends on us to resource the divine from deep within our own sense experiences so we can hear what is calling us to act as change agents and healers of our planet.

Anni Kamola is a writer, dancer, non-profit executive assistant, and is co-producing the Sacred Alchemy Festival, a conscious and spiritually-based festival coming this Aug. 22-24 in Bellingham, Wash. (www.sacredalchemyfestival.com). The 5Rhythms will be offered, along with many other potent practices.

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Is Your Past Past?

Let's face it: we all have a past. Some of what has transpired in our lives is pleasant, some things we're proud of, and some events are painful. Ultimately, it is what we do with our past that makes the difference.

Some people stuff their past away in an old shoe box that they slide under their bed or stick in the back of a dark closet, hoping they won't have to see or deal with it. Other people put their past on display so they can look at it frequently and share with others whenever possible. And then there are those who ask, "What past? I don't have a past!"

In the book *Still Writing*, author Dani Shapiro tells the story of being referred to a healer by a friend. When she saw the healer, he said he was removing her past from her. He removed her parents, grandparents, and even Dani's childhood dog. Using his hands, he would pull energies out of her solar plexus area, telling her these

people and events were gone from her life.

After she left the session, she felt a little odd because she realized she didn't want all of these people or events gone from her life. She realized each had played an important part in her life even if some of it was painful.

Reading this, I realized that what needs to happen is learning how to integrate our past as opposed to letting it go, denying it, or constantly feeling the need to drag it into the present.

When we want to admit it or not, our past is contained in who we are today. We are made of our past as well as of our dreams, hopes, and goals for the future. The value in

past integration is we can consciously become whole people who are able to dip into the sometimes murky waters of the past drawing out the shiny and beautiful – even magical – things of the present and future. So, how to do this? Here are three steps.

First, accept whatever has transpired in the past and own it: good, bad, indifferent. Own things you're proud of and the

things you don't want any of us to know about. Own it because it is real. It all happened. Don't judge it. Just like a good parent accepts all of their children, even those who are more challenging, accept and own all of your past experiences, thoughts, and actions.

Second, own the fact that every one of these has gone into making you who you are today. Yes,

even the terrible things that were done to you or which you did to others. Every bit of it is encoded in your body and soul. This is who you are. Who you are is a pretty good person or you wouldn't be reading these words right now. Own that all of your past is good because it makes you who you are.

Lastly, once you accept your past and own it as who you are, state that you are now willing to integrate all of this into your life today. Know that you can draw upon your past and do draw upon it every day.

No longer do you need to drag up the past and bemoan decisions you made years ago. Those decisions

are part of who you are and who you are is a gift to the rest of us. Own it. Integrate it. Live it.

Integrating the past makes us stronger, smarter, and more capable in whatever we choose to do. Give it a whirl and see how it works for you!

Krysta Gibson is the publisher of *New Spirit Journal* as well as a published author, teacher, and mentor. The third Thursday of each month Krysta is a guest on the *Conscious Talk* radio show. www.conscioustalk.net
Visit Krysta's website: www.anosisisforyoursoul.com.

Living The Good Life

by Krysta Gibson



Dream Interpretation with Michael Sheridan

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Michael is a 22-year veteran Dream Analyst and author, born in Ireland, now living in Seattle. He has interpreted callers' dreams countless times on national TV and radio, including RTE and BBC.

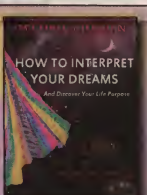
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The Extraordinary Power of the Breath

By LeAnn Plank

For hundreds of years, yogis have relied upon the power of the breath and its amazing ability to change emotional states, relax the mind, and heal the body. In the Western world, we are just beginning to appreciate the many ways the body, mind, and breath are linked together, affecting our overall health and the way that we perceive and experience life.

As a counterbalance to the intensity and accelerating pace of our lives, more and more people are finding that it is essential for their health and sense of well-being to reconnect with the most basic and simple experiences: appreciating the beauty found in nature, eating organic unprocessed food, walking barefoot in the sand, meditating, or simply sitting in silence and focusing on the breath.

Breathing to be, in just three minutes

The breath is our connection to life and its subtle spiritual energy that connects us to each other and all living beings. Here is a simple practice you can try, for as little as three minutes, to help you feel more at peace, centered, and relaxed. To calm the mind:

1. Sit up straight with your elbows relaxed at your side.
2. Bring your forearms up until they are parallel to the ground with the palms facing up.
3. Begin making big circles with your shoulders, inhaling as you slowly roll them up and back and then exhaling as you relax them down and around. Take one deep breath for every circle that you make.
- The arms naturally follow the movement of the shoulders.
4. Continue this practice for three minutes, breathing powerfully and deeply. The effectiveness of this practice depends solely on how deeply and fully you breathe. (Tip: As you inhale, the belly expands fully and then as you exhale bring the navel in and up toward the spine.)
5. To end, bring both shoulders up and then inhale as you suspend the breath for



Sada Simran Singh Khalsa, director of the Guru Gayatri Yoga & Meditation Center, studied with Yogi Bhajan who introduced a technology of Kundalini Yoga to the United States in 1969.

three seconds. Then, exhale to relax. Beautiful! Now move a little bit to balance the energy. How do you feel?

This breathing sequence comes from the technology of kundalini yoga, a practice introduced to this country in 1969 by Yogi Bhajan, a master yogi and teacher of this tradition. Kundalini yoga uses breath, movement, meditation, and sound to increase the flexibility of the spine and strengthen the nervous and glandular systems, enhancing our connection to life and spirit. This practice includes many different types of breathing techniques including long deep breathing, alternate nostril breathing, suspending the breath, and breath of fire, each one designed for a specific purpose.

The benefits of conscious breathing

Here are a few of the many benefits of conscious breathing.

1. **Perspective and awareness.** When you take a moment to breathe deeply, your view of the world begins to change and soften. You feel more connected to who you are and are able to reconnect with the bigger picture of life.
2. **Increased energy levels.** The more deeply and fully you breathe, the more energy and vitality you have. Breathing brings oxygen into your system and helps vitalize the physical body.
3. **Decreased stress and anxiety.** The mind follows the breath. When you breathe more consciously, the mind becomes quieter and calmer, helping to relax your entire system.

4. **Enhanced clarity and focus.** Certain breathing techniques heighten concentration, alertness, and focus. Instead of trying to stimulate yourself by drinking another latte or espresso, try leaning on the breath.

5. **Reduced inflammation.** We read so much about inflammation and its role in so many diseases, for example, cancer, rheumatoid arthritis, and heart disease. Breathing deeply boosts your immune system and reduces the amount of inflammation in your body.

6. **Heightened intuition and an overall feeling of well-being.** Breathing

with intention opens the flow of intuition and, most importantly, increases your sense of well-being and happiness.

If you can set aside a regular time of day to focus on breathing, you will begin to notice change at deeper levels of your being; practicing in the early morning before sunrise is an optimal time, a time when your mind is calm and the business of the day is yet to begin. Sometimes, people ask how long they should practice; start with just three minutes and you will begin to feel more at peace and whole within yourself.

Wherever you are on your spiritual path, we invite you

to devote three minutes of your day to discover the beauty, natural rhythm, and calming influence of the breath. The breath is a simple and effective way to connect to your intuitive self and its unlimited capacity to experience healing, creativity, and joy.

Visit www.breathelife.net for specific breathing guidance or to explore classes at Guru Gayatri for transformative self-discovery and the deep meditative experience of the gong.

Sada Simran Singh Khalsa, director of the Guru Gayatri Yoga & Meditation Center, studied with Yogi Bhajan. Kundalini yoga explores conscious awareness and inspires students to go beyond their perceived limitations.

Abracadabra and Magical Words

By Jill Mattison

If everyone stopped talking, our personal energy would drop. Our voice creates vibrational energy, with great subtle influence on us. Ancient people knew the power in sounds and words, not from the word's meanings, but from its sounds. The power is soft and subtle, but ever-influencing us.

Ancient Egyptians drank water energized with words and sounds for healing benefits. Today Masaru Emoto publishes picture books revealing the impact of words on freezing water crystals. Beautiful shapes

in the water crystals are created by kind and loving words. The sound of words, shapes of the letters, and one's intent subtly changes matter. This concept is grasped better by your experience. Try this incredible exercise. Hold a glass of water, intending to send beautiful energy to the water. Take four breaths through your nose and exhale from your mouth directed at the water, making a "ha" sound. Next take four normal breaths, then four deep "ha" breaths. The deep "ha" breaths pass energy to the water and the normal ones keep you from getting light-headed. The water may start to bubble and turn pale blue. It will taste better than water that did not receive the sound blessing.

Sound changes us far more than we are aware. Historian Schwaller de Lubicz¹ discovered that in rituals, the ancient

Egyptians used "sound formulas," not comprised of words nor meanings, but... "Sacred or magical language is not understood with definite meanings... the exclamation of nervous centers cause physiological effects evoked by the utterance of certain letters or words which make no sense in themselves."²

Magic words are more a subtle science than capricious child's play. Ancient people selected words for their subtle influence on the physical body. Once that was determined, the dosage (number of times that you would listen to something) would be set. Confirming this, an ancient Egyptian named Asklepios said in a letter to King Amman, "As for us, we do not use simple words but sounds all filled with power."³ In another ancient Egypt example, a form of vocal music, called *layali*, repeated the syllables, *ga, lei, and eniy.*⁴ This was believed to uplift and spiritualize the soul. Try it. It is a beautiful practice.

Continued on Page 9

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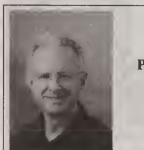
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Five Reasons to Have a Business Mentor

Perhaps your inner entrepreneur has finally decided to surface and you've discovered that, indeed, you are a soul proprietor at heart, and that you're ready to start your own business or practice. Although there are resources available that can give basic answers to just about any business start-up and management question you have, you may find that seeking guidance from someone who has already been in your shoes will help you grow and develop your business a lot faster, and with fewer mistakes.

Here are five reasons that you will benefit by having a business mentor:

1. Avoid Big Blunders. Mistakes are a great way to learn, but some mistakes can just be too costly and time-consuming. A good business mentor will be able to take a good look at your business plan and help you avoid making some of the same big mistakes that they possibly made when they started their business. They can help you avoid the "school of hard knocks."

2. Help with Business Structuring and Plan.

Although soul proprietors put a great deal of time and effort into starting their business or practice, many of them don't spend nearly enough time figuring out the best structure for their business.

Your structure is just as important as the operations you put in place, and a good mentor will help you put your business plan into action as well as giving you guidance on creating a solid foundation.

3. Future Success. You want your business to become successful as quickly as possible and also for the long-term. A good mentor can help guide your thoughts in the best direction for taking your

Establish a Network of Informal Mentors

Most professional growth comes from our interactions with others and reciprocal learning, and finding a way to connect with a single mentor isn't always easy. So it's a good idea to establish a network of mentors who enable you to learn more.

A relationship with a mentor doesn't have to be a formal situation and it doesn't have to be just one person. Some of your mentors may be other business owners whom you can turn to as "the voice of experience" with answers to simple questions that are sure to come up while building and growing your business.

unique business and by understanding your definition of success, can help you in your thinking not just for the immediate future, but for planning for the next few years.

4. Selecting

Team Members. Most soul proprietors like being solo-entrepreneurs but there will likely come a time when hiring employees or contractors will make sense. A mentor can help you make the best hiring decisions by helping you determine who is best for your company. You want people that will be team players, and you, as the business owner, will provide the inspiration for them to help your practice succeed.

5. Real World Experience. Although you likely have the basic education needed to start your business, it's helpful to have someone with real world experience on your side. A good mentor will have just that, sharing their experiences with you and helping you develop and grow your business based on a plan that has worked for them as well as others in the real business world. Finding the right mentor for your business—one who understands what it means to be a soul proprietor—will give you the solid foundation you need to build the business or practice of your dreams, and help you reach your goals.

How can you form a network of informal mentors?

You may want to seek out a variety of mentors who each have specialized knowledge about a subject or topic that just one person might not. Finding successful individuals tends to be easier when you have social networking on your side. A good source of mentoring for your business is through specialized groups on LinkedIn. By joining a LinkedIn group you will likely find a whole host of mentors eager to offer you advice.

Many large companies have presidents or CEOs that are now active on social networks. Sharing their information, replying to their posts, and interacting with them on these sites can help you build a relationship with them. Most often they are happy to answer simple questions.

Another great way to establish contact with successful people is to attend public meetings, conferences, and trade shows. This is where you can meet people face-to-face, establish a relationship with them, and approach them with the idea of

Soul Proprietors

by Marty Marsh



providing some mentorship to you. Many professionals would be flattered to know that you admire them and would be more than happy to share some of their expertise with you.

Be careful, however, when approaching these people for help and always be honest with them, letting them know exactly what it is you want from them. Being genuine, straightforward, and authentic will put you in a better position for consideration.

While you may have lots of questions for your mentor, you certainly don't want to flood them with requests. Decide exactly what it is you need and want from them before asking. If your request means a lot of high maintenance that will require a great deal of their time, you'll most likely be denied any assistance. (Successful people are busy people.)

Keep your requests simple, straightforward, and leave out any hype. Short phone conversations or the exchange of a few e-mails will usually be acceptable. If this person sees that you are genuinely interested in their input, and it isn't going to take a great deal of their time, you're more likely to get the help you need.

If your method of approach is sincere and well-voiced, you will have a much better chance of forming these informal relationships with a variety of successful professionals who can give you some quick guidance.

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A Grief Toolkit for the Living

Continued from Front

about promises made and broken beyond her control.

So, this is tool number one: hammer out any feelings of guilt about burial arrangements kept or muffed. The dead know your good intentions and in my experience, give the folks left behind a break.

2. Don't worry about anyone you wish to speak with lecturing about things not done to their standards when they were alive.

I had a woman worry that her mother was going to come across as cruel and critical of her as she was in life. The mother came across just the opposite. She came desiring peace in the family and peace between the two of them. She had been transformed into a much more enlightened person not weighed down by her painful, sickly body. From what I've observed using the angels as guides in the busy streets of the dead, they are light, very loving people. They preserve their personalities, but a better version of their personalities comes through.

So, this is tool number two: erase any fears about being lectured or belittled by the dead. They see us from a high, understanding view lit by the light of God. I have found the dead defending those seeking answers rather than censuring them. So, don't

duck away from them; see what they have to say from a safe place of peace and light protection for yourself.

3. Some of the dead are silent or reticent to speak.

Don't be surprised if you find someone who was very quiet in life appearing the same way after they pass. One brilliant man I channeled was very quiet. He gave me thought pictures more often than words. And when he did speak he spoke little. In a session for his son this deceased man quipped: "There! That's 18 words more than you ever heard me speak when I was alive!" And, then he laughed.

So, in tool number three we learn we need an amplifier or a hearing aid. Just kidding. The quiet dead are more likely to give us feelings or mind pictures rather than a string of words. In contrast with the talkative ones, we need a tape recorder to catch all the rapid fire talk they send our way. So, look for mind pictures and feelings that aren't quite your own. There might be a message there!

4. The dead come through to right old wrongs and at times request a meeting themselves.

This is another reason that I have found great peace and happiness working with the dead. They do seem to want to right whatever wrongs they can. There are times when the

Trisha Mahi channels people who have passed on. She says, "We need a willing heart to listen for the signals our loved ones send to us. Sometimes it is a tightness in the solar plexus or a thought in our minds that we know isn't quite our own. Sometimes these images or words come in dreams."

people who have passed ask for contact. They just nudge their loved ones to call me. This has happened more than once. A man who passed through suicide dangled a newspaper in front of his wife during the reading showing that it was all his idea. He wanted to explain that he had changed his mind about doing at the last moment and he wanted her to know he wasn't condemning for his actions.

So, tool number four is binoculars. We need to keep our eyes open for signs or a feeling inside us that makes us reach out for more answers as to the case of this wife. She knew she had to call me; but, she didn't know why. By the time the reading was over she was at peace. She knew that her husband had been driven crazy by pain; acted impulsively; ended his life; and, repented in the process. This gave her peace that he had been searching for.

There are many other reasons for seeking out a reading. There are secrets revealed, minds put at rest,



and an alleviation of grief. We don't always need a medium for these things. We need a willing heart to listen for the signals our loved ones send to us. Sometimes it is a

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You Can Design Your Ideal Life

By Charles Creekmore

As this article will show, we can each create genuine lifelong happiness for ourselves using much the same process as long-term planning for that financial afterlife, stumping grounds, and last resort known as "retirement." Except in this case, our best-laid plans can't go bust during the next recession.

Here's the problem. If you're like me and most Americans, you've spent a big part of your life chasing after what World War II pilots called "foo fighters," those mysterious aerial mirages now thought to be "electrostatic phenomena similar to St. Elmo's fire." That's as good a definition as any to explain our delusional American dreams — such as success, romance, sex, wealth, beauty, and lasting youth — which most of us imagine will bring us true happiness.

Instead, these pie-in-the-sky mirages bring us little more permanent satisfaction than catching a cloud.

Meanwhile, the convoluted world we inhabit, the frantic pace of the 21st century, and the quiet desperation experienced by so many of us all demand a return to a much more modest and healthy way of life. By definition, American life is one massive overdose. We inhabit a country constantly on sensory overload. Constantly on the verge of freaked out.

While I pursued top fighters and overused on competition for decades, I behaved like the self-absorbed Bill Murray character in *Groundhog Day*, in which he had to commit déjà vu by reliving the same 24 hours over and over again until he learned humility, unselfishness, and insight from all his errors.

I've always thought that Groundhog Day was a fine metaphor for reincarnation. If you don't get it right the first time, keep on trying until you finally do!

But what if there were an authentic way to reincarnate ourselves in the here and now and fix our floundering lives? Well, there is; by using a very straightforward practice for reinventing ourselves.

The solution can be neatly summed up by Henry David Thoreau's revolutionary advice to "live simply and wisely." What I've found

is that the secret of living simply and wisely is planning my future quite systematically; not unlike the careful, time-consuming, reasonable, and deliberate process most of us put into our retirement portfolios.

However, instead of regular consultations with financial gurus, I hold regular consultations with my own intuition, common sense, and instinct through daily meditation.

The object of every meditation is a safe, sane, and sound future. Hence, there's one key question I must ask myself to start each session: "What if I could design the ideal life of simplicity and wisdom I would like to lead?"

Then I prove I can every day. My method, as Sherlock Holmes might explain, is "It's elementary, my dear Watson." Below are some of the elementary questions I ask myself during each meditation:

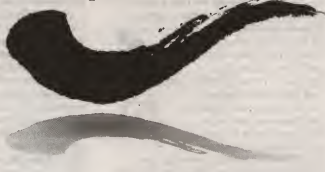
- What exactly makes up any profound and satisfying lifestyle, based upon my own personal skills, interests, and values?
- What regular activities will allow me to live according to my own spiritual ideals?
- How can I divest myself of unnecessary distractions, conflicts, greed, possessions, and extravagance?
- What more (or better still) less, do I need to create an existence of modesty, meaning, and evolution?
- What goods can I get rid of that are really superfluous, and how can I do it in a way that benefits others?
- How can I wisely devote my labor and income to others?

For many months now, I've been reflecting deeply on these questions, answering them with honesty and thoughtfulness, and thereafter working slowly but surely toward making my ideal life a daily reality.

After pondering my prospects like this, I've come up with a list of simple and wise pursuits: doing daily Buddhist mind-training meditations, exploring Thoreau's writing, learning yoga, working-out every day, giving alms to everyone who asks, hiking and

communing with nature, volunteering for worthy causes, practicing compassion, and publishing free books and articles to help my readers discover the knowledge I've found.

"If we all spend some quality time contemplating, examining, planning, and creating a simple and wise future, we could arrive at ideal and idealistic lifestyles for ourselves, personally tailored to our own interests. If so, wouldn't the world become a better place?"



Right now my job supports this satisfying lifestyle, but eventually my pension will. In addition, I've been conducting my own boot camp in simplification. How? By downsizing my possessions. By downsizing my busy schedule. By down-training my bloated budget. By downloading my spare money, using clothing, excess food, or extra bedding to the homeless, the desperate, the disenfranchised, the broke, the broken, and the broken-hearted.

While simplifying my life and recycling

all my surplus belongings this way, I've discovered that their only worth was the heavy burden of owning them. As Thoreau himself might have said with his zeal for workplay, I have forsaken all my valued keepsakes for the sake of keeping all my values.

"My greatest skill is to want but little," Thoreau cracked. "I found thus that I have been a rich man without any damage to my poverty."

We can all conduct the same exercise in fertility. Any of us at any time of life can spend a few weeks, months, or years meditating on the "small is beautiful" future of our dreams. We do it with our finances, so why not with our ethics, which form the economy of the soul?

Anyone of any generation can be born again into a life of fulfillment, awareness, happiness, and sustainability. All it takes is the will, the discipline, the perseverance to make it happen.

One lesson you can learn from this article: If a blunderer like me can fix his runaway life, then anyone capable of appreciating this magazine can certainly do the same. And probably much better.

Surely, if we all spend some quality time contemplating, examining, planning, and creating a simple and wise future, we could arrive at ideal and idealistic lifestyles for ourselves, personally tailored to our own interests. If so, wouldn't the world become a better place?

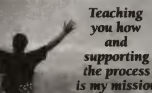
It would be a revolution of rugged individualists, united by our idiosyncrasies, each marching to a different drummer.

As I keep telling myself, "This is your big chance at happiness, pal, so don't blow it!" Or, as Yogi Berra might say, "It's Groundhog Day all over again."

Charles Creekmore's book about Thoreau is posted at BackToWalden.com. He's written for *Buddhism Magazine*, *New York Times Syndicate*, *Psychology Today*, *The Humanist*, *AARP*, many others. He also authored a motivational book, *Zen and the Art of Diabetes Maintenance*.

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The Review Page

BOOKS, MUSIC, VIDEOS AND PRODUCTS

Reviewed by Krysta Gibson

If you enjoy beans, salads, and desserts, *Ulysses Press* has three books you will want to own and use. **Vegan Beans from Around the World** by Kelsey Kinser gives 75 vegan recipes from African Peanut Soup to Valencian Minted Fava Salad and Black Bean Brownies. Great information is given about how to cook beans and why beans are important for the vegan diet.

Mason Jar Salads and More by Julia Mirabella gives 50 Layered Lunches to Grab and Go. The idea is to make your lunch salad in the mason jar, take a bowl and fork with you, and when lunch time comes you put the salad in the bowl and enjoy. The trick is how to layer the salad so that the dressing doesn't wilt your greens



and using a mason jar allows an airtight seal for the salad fresh.

The photos in this book are beautiful and motivating to give this method a try. There are also recipes for risotto, salsas, dips, soups and pasta. If you take your lunch to work, this book will help you be more creative so you can enjoy your mid-day meal more.

Grab some extra mason jars so you can make **Vegan Desserts in Jars** by Kris Holchek Peters. Try Raw Pecan Pies, Lemon Pudding Cakes or Whole Plum Pie to jazz up your dessert menus.



Great instructions are given for vegan baking and substitutions for non-vegan items. And you don't have to be vegan to enjoy these three books; everything would appeal to vegetarians and omnivores as well.

And Ulysses Press has you covered for clean-up in the kitchen after all that cooking. Not just the kitchen, either.

Homemade Cleaners

by Mandy O'Brien and Dionna Ford gives *Quick-and-Easy, Toxic-free Recipes* to replace kitchen and bathroom cleaners, laundry detergent bleach, air fresheners and more. We were able to try one of the recipes immediately.

A car that had the windows left open during a heavy rain continued to have an unpleasant odor no matter what we did. Following an idea from this book, we put a plastic container of coffee grounds in the car and in only a few days the bad odor



was gone and the car smelled like coffee. A few days later, even the coffee scent was gone! This is a fabulous book that is sure to get lots of use in your home and office.

A new edition of **The Encyclopedia of Goddesses & Heroines** by Patricia Monaghan, Ph.D. (New World Library) offers more than 1,000 entries covering the myths and attributes of goddesses and female spiritual powers from around the world. Patricia Monaghan was a pioneer in feminine spirituality and the years she spent researching goddesses and heroines from every region of the globe show brilliantly here. This book will introduce you to energies known and unknown. Arranged by parts of the globe, you can find goddesses from Korea, Greece, and the Americas as easily as those from Ireland or Australia. A treasure, this belongs in every household that wants to honor goddesses alongside gods.

I had not heard of a book having a biography until I saw **The Yoga Sutras of Patanjali, a Biography** by David Gordon White (Princeton Press). The Yoga Sutras are hailed by the yoga community as a perennial and classic guide to yoga practice. But how many people know the actual history of these fewer than 200 verses that people love to quote?

Tracing the remarkable history of these verses, this book shows the interpretations and misinterpretations that have led to its



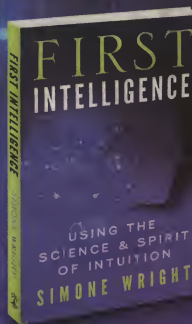
current iconic status. David Gordon White's research is impressive and he leaves no stone unturned in helping us understand where these verses did and did not come from.

Here's a thought: what if allowing yourself to wallow in your feelings is actually healthy? Tina Gilbertson, Licensed Mental Health Counselor, proposes that learning to accept and feel our feelings can lead to greater emotional health and well-being. In **Constructive Wallowing: How to Beat Bad Feelings by Letting Yourself Have Them** (Viva Editions), she offers expert guidance in how to accept and embrace difficult feelings. Using humor, quotations, and real-life stories, she shows how we can feel better faster by using self-compassion.

What Would You Do If You Knew You Could Not Fall? How to Transform Fear into Courage by Nina Lesovitz and Mary Beth Sammons (Viva Editions), is a feel-good book that inspires readers to move beyond their fears and take action. The little book is full of stories about real-life people who faced serious challenges with courage. No matter what sort of issue you might be facing right now, there's a story in this book that will help you meet your fears head-on and overcome them.

Continued on Page 9

PRACTICAL WAYS TO TAP INTO AND USE YOUR HIGHEST WISDOM



"This book is truly a gem — a magical and practical resource that makes it possible for anyone to access the power of their intuition. Simone Wright is a remarkably brilliant and loving teacher." — CHRISTINE HASSLER, author of *Expectation Hangover*

"Simone Wright breaks intuition down in a straightforward way...placing it firmly in the realm of everyday experience. A fascinating, rewarding read!" — ALISON LAVENTHOL, TV writer, *Fairly Legal* and *Perception*

"Affirms the egalitarian view that, with practice, we can all become clairvoyant, clairaudient, and even clairgustatory — able to 'taste' others' energy — just as anyone can learn to ski."

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The Review Page

BOOKS, MUSIC,
VIDEOS AND PRODUCTS

Reviewed by Krysta Gibson

Continued from Page 8

No doubt you have heard me and others say, "Learn to use your intuition and follow your inner guidance." Good advice. What about a book that teaches you how to do it? **First Intelligence, Using the Science & Spirit of Intuition** by Simone Wright (New World Library) does just this.

The author not only gives an outstanding explanation of what intuition or inner guidance is but then proceeds to give a handbook that teaches you exactly how to do it. The author says we all have the capacity to use what she calls first intelligence, that it is a natural part of who we are, not some woo-woo, new age concept. If you've been wanting to develop this aspect of your life, this book would be a great one to use.

Angels and the Keys to Paradise, Ancient Egyptian Codes to Open Your Door to Heaven (Findhorn Press) is another offering from Stewart Pearce. This is a beautiful book that shows the reader how to work with the 12 Angel Sigils and the keys to Paradise in order to gain unity between the human and divine selves. Practical exercises are given that relate to each key along with beautiful pictures that help focus one's energies. If you have been interested in angels or in Egyptian spirituality, you'll enjoy this book.

Karen Maezen Miller has written **Paradise in Plain Sight, Lessons from a Zen Garden** (New World Library), a profound book where she uses (and, according to her, doesn't use) the metaphor of gardening to talk about life and meditation and Zen and none of these. She uses



her experiences working in a garden that was Southern California's oldest private Japanese garden, an oasis of ponds and pines that had stood mostly intact for nearly 100 years. Each chapter can stand alone and contains priceless wisdom worthy of deep thought and acceptance. If you're looking for a quiet book where the spiritual message doesn't hit you over the head but silently sneaks up behind you, this would be the one.

I'm sure you know about the chakras, our energy centers. And I'm sure you've read at least one book about them. **The 7 Healing Chakras Workbook** by Brenda Davies, MD (Ulysses Press) is different. Instead of talking about the chakras, this book gives exercises and meditations that will unlock these energy centers, helping to clear emotional baggage, release creativity and manifest your life's purpose. It is meant to accompany **The 7 Healing Chakras** by the same author; however, I have not read that book and found this one very easy to work with on its own. This is a powerful book with tons of great information and practical things to do.

Opening Heaven's Door by Patricia Pearson (Atria Books) was reviewed by Ron Bennett. There's nothing quite like the validation that we have a second sense that is born in our darkest, saddest moments... and that we don't believe in enough, collectively, to talk about in the open community of the bereaved.

Author Patricia Pearson relates that, "On the night of my father's death," said the author's sister at her father's memorial service, "I had an extraordinary spiritual experience..." and from there the reader is pulled with emotional involvement and intellectual curiosity for a read that is fun, validating, heartwarming and, in the end, enlightening.

With a grace that most investigators and journalists don't use in "reporting," Pearson has gathered facts, examined myths, and given hope to the soulful seekers and satisfaction to the skeptics that surround experiences of the living with the dead.

Gathering the living's experiences around the unknowns of dying, we are greeted with a commonality of experiences, and a knowingsness that there is, after this experience, more.



Jill Matson writes, "Language sounds have been used as subtle energy healing power for the body, mind and soul" since ancient times. By paying attention to how we use our voice we can effect our daily lives.

stimulating glands, especially the thymus. Today, the medical society confirms that laughter sounds ("ha, ha" sounds) boosts the immune system.

As you speak, pay attention to where sounds resonate in your body. Which sounds are enjoyable, making you lighter and feeling better? Who would have ever imagined that we have such a powerful force hidden within our very selves; our voice.

R.A. Schwaller de Lubicz in his book, "Sacred Science." In this quote he refers to the Corpus Hermeticum.
www.cymascope.com from John Reid.
Cadellia, Moustafa, Egyptian Rhythms: The Heavenly Melodies, Tahiri Research Foundation: Greenboro, N.C., 2002, Pg. 164.

Abracadabra


Continued from Page 4

Language sounds have been used as subtle energy healing power for the body, mind, and soul. For example, the Taoists from ancient China wrote that:

- Sss helps the lungs
- Who is for kidneys
- Shhh is for liver
- Hww is for heart
- Woo is for spleen

Other languages and cultures linked sounds with very specific healing benefits. "Hu" is the mystical Sufi's sacred sound... "Hu" creates a burning sensation in one's head if you say it over and over. "Ha," also begins with H,

Jill Matson is a soundhealing author and composer. She offers free *Enchanting Music with Flower Essences* (proportions found in humans, flowers etc.) and 18 Solfejo healing tones. Star Frequencies are converted into twinkling tones. Delightful Flower Music, embedded with frequencies of flowers, clear negative emotions and build positive feelings. Half-hour of free sound healing music at www.JillsWingsOfLight.com, middle of home page.

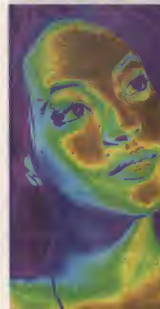


We can't specifically pray for what's uniquely ours to do because it's not identifiable, nor do we need to.

It just comes naturally to us. As I, Paul, trust in what I receive, answers come to me all day long. When I don't "listen" enough. If we get any insights, are we willing or able to act on them? We let ourselves and others keep us in the status quo. We dare not take risks, not even to call someone to inquire of their aid.

To learn the steps to more joy and fulfillment it takes doing them. Practice the steps experientially with my guidance. Your unique contribution/adventure is within you now waiting to come forward. Simply allow it.

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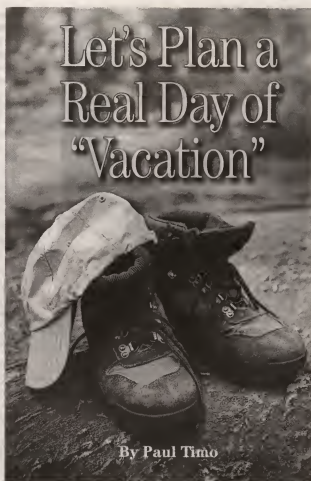
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A relationship whisperer and a true frog kisser, Gianna helps single women who are tired of kissing frogs and are truly ready to fall in love with themselves so they naturally attract the love of their life. She offers programs tailored to each individual's needs.

Let's plan a real day of vacation from our left-brained, logical lives. Let's honor ourselves for a change. Actually we won't do a lot of planning. There will not be anything to do at any particular time. We won't set any clock alarms. In fact we'll cover or turn our clocks to the wall and put any watches, cell phones, and other portable electronic items (turned off) in our dressers the night before. And of course, we'll cover up our computers.

When we awake without an alarm, we'll bask in the silent stillness as we lie there alone. As we completely relax, we'll be aware of how our intuitive feelings and thoughts come to us, one after another. What a major blessing to be able to be aware of, to live with and to use. Let's open our windows wide, listen to the birds, squirrels and other critters. Let's perceive any other sounds to be of nature, like the sound of crashing waves (especially if they are crashing waves). Let's smell and feel the wind.

We'll start our day with



By Paul Timio

any kind of a ceremony in which we express our gratitude. We can choose to meditate. Today we can do no wrong. We'll focus on our breathing, or else say a mantra if we know one, being grateful for any thoughts that may come. Today we can sing and dance as much as we want.

We'll have no appointments, we'll not meet anyone, nor will we

talk to anyone. No phones will we answer nor hear as the bells and incoming messages will be turned off. We'll not answer our door. We'll not use our computer (no Internet). No videos, DVDs, CDs or other music; no movies nor television will we encounter ourselves with. We won't check the mail. We won't read any books, magazines, newspapers, etc. We won't

do any writing except if we want at the end of the day when we go to bed alone. We'll not go shopping. We'll not drive, bus, bike, skateboard, fly, or whatever. We will only walk.

We'll eat our breakfast. We'll have our lunch, dinner and snacks prepared already from the night before. Sugar, caffeine, alcohol, white flour and nicotine are not permitted today. In the drinking department, we will take and drink only water.

Are you able to walk to a wooded place? If you live too far away, maybe that's telling you something. Let's do our best to not read any signs. Reading words is a left-brained activity. I realize that there is a safety and risk component involved here, but as far as I am concerned, the denser the woods the better.

When we arrive, we must stop our constant movement or we'll miss the reason we chose to go there. Movement is a distraction. We'll completely stop for short segments of time from time to time and allow ourselves to become immersed in the environment. As we allow it to come alive around us what are we aware of that we might have missed had we just gone walking alone? Let's not forget to look up and see the treetops away in the breeze. Let's feel for the wind with our face and with our hands.

"When do we go home?" There is the option that we could find a nice place to lie down and stay the night. It just takes a sleeping bag and some visqueen for the dew and damp ground if we brought them along. Otherwise, we can leave whenever we feel like it, when it starts to get dark, when we run out of food and/or water, if it starts to rain or sun too much, if we get bored or tired, or when we feel we've accomplished what we came to do. The key word here is "feel."

We bring balance to our lives as we add more days or segments of a day like this. The challenge is our preoccupation with and reliance on our left-brained tendencies. We use the latest gadgets all day long. We need them to live in this day and age, but we can manage and limit our use of them if we try.

It is just a matter of wanting to do it, and choosing to do it. A single split second look at a digital clock first thing in the morning is enough of an influence to quickly take me out of my feeling of connectedness with time everlasting.

Our lives are full of deadlines, clock watching (even when we don't need to know the time), setting exact times to meet others when we need not, etc. By being more mindful of our habitual behavior, we can choose to act differently.

Our lives might be more meaningful and rewarding, don't you think? For sure, they would be more relaxing. A good goal is living with a combination of adding more right-brained activity, basically loving, giving, and honoring ourselves, nature, and others, and subtracting some left-brained activity, as we have just done.

Also, aren't we first and foremost spiritual beings? Spiritual has to do with acting more right-brained. Maybe a part of it is our preoccupation with being human that unbalances us, and all we need to do is perceive the different dilemmas that consume us differently.

I hope you have a fulfilling day and don't feel guilty that you got nothing accomplished because when you're on vacation, you get the day off. My feeling, though, is that you accomplished much. This is because when one gets a taste of something positive, they're usually going to want more of it. You could look at it as if this is a different kind of diet, and that everything is quite natural on this diet. Who knows what it might do for your mind, body and spirit. You may want to leave that watch and cell phone in your dresser for a while longer.

Paul Timio teaches self empowerment. We all have distractions on an ongoing basis, to weed out as needed. You'll learn to listen, trust and allow. Become more right brained in your life. Your creative intuition will shine through. You can contact Paul at ptimio@msn.com, (425) 260-8878.

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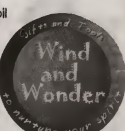
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Stress Less with FasterEFT

By Sylvia Henderson

When I tell someone that I am a FasterEFT practitioner, I am typically met with the response, "Oh! I know all about EFT," or "Is that, that tapping thing?"

It is easy to see why people would confuse these two modalities. The biggest culprit for the confusion is the similarity in their names. FasterEFT is a modified acronym for, *Faster Emotionally Focused Transformations*, while EFT is an acronym for *Emotional Freedom Technique*, a process originally introduced to the world by Gary Craig, who studied with Roger Callahan, a clinical psychologist, and the creator of Thought Field Therapy who discovered that by stimulating acupuncture points, you could greatly reduce anxiety.

For the past seven years I first studied EFT and then FasterEFT, and while I can honestly say that both are capable of creating positive life changes, FasterEFT is as its name promises, faster. It's actually, much faster.

So what is FasterEFT? FasterEFT is a simple yet powerful technique that literally relieves all manner of stress by transforming the unconscious mind within minutes.

Everything you experience is a product of your mind. By changing your internal references and mental perceptions of past experiences, stress is eliminated.

What really sets FasterEFT apart from other healing modalities that use meridian tapping is that without taking a one-size-fits-all approach, FasterEFT focuses on the unique way you as an individual are creating your stressful experiences. It does not matter if your stress is based in finances, health, career, personal relationships, sexual or physical abuse, addiction, depression, fear, phobias, or PTSD. Your complaint may be generalized, but how you are creating your stress is unique to your own internal references and interpretations. And, those references and interpretations are based upon how you perceived something you either

experienced, witnessed, or heard in the past.

Because everyone has different internal references and personal interpretations of an experience or an event, FasterEFT focuses on how you are creating what you are experiencing, exactly the way you are experiencing it.

To summarize, FasterEFT recognizes that stress is your body's reaction of response to internal mental references and personal interpretation of an experience or event. The brainchild of Robert G. Smith, FasterEFT combines the theory of Ericksonian hypnosis, the effectiveness of Neuro-Linguistic

Programming, the emotion-based aspects of meridian tapping, and various other healing systems.

This may sound a bit overwhelming. Like you must throw everything, including the kitchen sink, at your stressful issues in order to use FasterEFT successfully. Rest assured that is not the case. To simplify the basics, and without getting into too much detail, FasterEFT is as easy as 1, 2, 3, and 4.

1. Amp Up The Power. FasterEFT works best when you focus on the worst of it. The more you can turn up the heat on your stress level, the better. I usually ask clients to rate their level of stress by giving them a range between 1 and 10, 10 being that it's the worst it could ever be, and 1 if it doesn't really bother them at all. If at all possible, I ask them to make it a 10 or above!



"What really sets FasterEFT apart from other healing modalities that use meridian tapping is that rather than taking a one size fits all approach, FasterEFT focuses on the unique way you as an individual are creating your stressful experiences. It does not matter if your stress is based in finances, health, career, personal relationships, sexual or physical abuse, addiction, depression, fear, phobias, or PTSD," explains Sylvia Henderson.

2. How do you know you are stressed? By this, I mean identify what you are noticing that is giving you the indication that you have indeed encountered a stressful issue. These are just a few of the things you want to look for.

Are you upset about something in the past? Are you worried about the future? What emotion are you feeling? Do you have a tightness, discomfort, or sinking feeling in your body? Are you seeing an image in your mind? Is the image moving like movie? Are you hearing something that someone said? Does the tone of their voice bother you? Or, was something said that you didn't like?

3. Let It Go. This is where the meridian tapping comes in. While noticing whatever it is that you are noticing that is causing you to experience stress, begin softly tapping on the four meridian points indicated below while saying out loud or to yourself, three

simple words ... "Let it go." Or, you can modify the phrase to say, "It's safe to let it go" as you tap each point.

There are only a handful of meridian points to tap upon: (1) between the eyebrows; (2) side of the eye; (3) under the eye; (4) top of the sternum; and finally (5) grab your wrist, take a deep breath in and let it out and say, "peace." And, when you say "peace," think of a beautiful blue sky.

4. Repeat Until Clear. After you've gone through steps 1-3, re-examine your stress level. Has your level of stress changed? Or, is it the same? Typically, clients will find that their 10s have turned to 4s or 5s. Identify any new awareness. Sometimes, what started off as a movie turns into a non-moving image. You may notice something else that you didn't notice before about the same situation. Or, it may be the same thing that you noticed earlier, but it's just not as intense. Whatever it is that you notice, repeat Step 3 until you can get your stressful issue down to a zero.

You'll be surprised by how fast this process works. FasterEFT is gentle, safe, and so easy to use. There is no set-up before you begin the process and no scripts. You and what you are noticing organically drive the process.

Keep in mind that some issues may be too difficult to navigate on your own. If that is the case, having a private session with a qualified FasterEFT practitioner may be optimal.

For more information about FasterEFT and how to use it in your everyday life, go to www.FasterEFT.com, or visit Robert's Healing Magic YouTube channel where you'll find over 800 videos of information and actual sessions.

Sylvia Henderson is a certified hypnotherapist and FasterEFT practitioner. She practices at East West Bookshop in Seattle on Mondays and in Kirkland Tuesday through Saturday. Skype sessions are also available. Schedule appointments at www.NaturallyIntuitiveArts.com or call (425) 765-8228.

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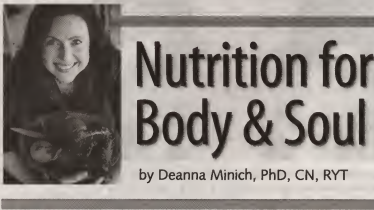
Years ago, I remember reading Dr. Masaru Emoto's book on how water crystals responded to words.

He would show how words like "love" and "healing" placed on vessels containing water led to the formation of beautiful, intricately-structured water crystals under a microscope.

Conversely, when he applied words like "hate" and "despair" to the containers holding the water, the water crystals responded in kind with a look of fragmentation, and a lack of symmetrical structure. It was as though the energy of the words became reflected somehow in the formation of the water crystal.

Of course, this is a difficult concept for many to swallow. When I would show this research to my fellow scientist friends, they would shake their heads disapprovingly and say how ridiculous they found such a study. Furthermore, they claimed it was nothing short of impossible to have such a finding. In other words, they were questioning the validity of the research.

While I'm a scientist with a discriminating eye, I also have an inquisitive, curious mind, so I continued to explore Emoto's research and found that in addition to his focus on water, he had done some work with food, similar to what he did with water: he cooked white rice, put it in glass jars, and wrote some words on the jars, and observed changes in the rice over the next days. One of the most impactful images in his book was a photograph of two jars of cooked rice in which the one on the left had turned to decay and turn black and the one on the right had also started to decay, but not nearly at the same rate as the other jar. That one was just a bit yellowish. Each of these jars had words taped on them that



by Deanna Minich, PhD, CN, RYT

Nutrition for Body & Soul

were written in Japanese, "you fool" for the one on the left (the black one), and "thank you" for the one on the right (the yellow one). When I followed up to see whether this concept was being discussed in medical journals, I realized that Dr. Emoto had published an article on his work and another article appeared later from a different group of researchers suggesting that the intention we place into chocolate may have an effect on our mood.

In reading the work of Lynn McTaggart and Fritz Poppe, and even the latest book by Larry Dossey, titled *One Mind*, it would seem that food responding to our consciousness is perhaps not a far-fetched idea. After all, food encompasses living particles, and, in theory, could respond to what is in its environment. As part of my teaching through Food & Spirit, I often will show Dr. Emoto's powerful photo of the two jars of rice. There are usually two types of reactions: the "oohs" and "ahhs" and then the skeptical chuckles. I welcome both responses and even like it when there are doubters in the audience because then I can challenge them to actually do the experiment.

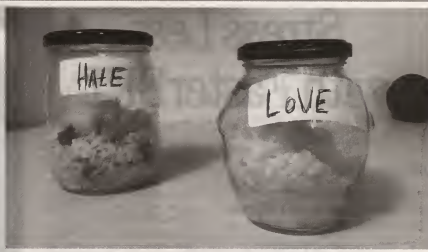
I've had a number of people come back to me and tell me their findings. Some years ago, I suggested this experiment to a woman in a yoga class I was teaching. Within three weeks, she came back to the class enthusiastically circulating a photo around the class on her cellphone of her two bags of white rice with one labeled "love" and one labeled "hate." The one with the word "hate" on it had developed blue mold whereas the "love" rice remained free of decay.

Yes, difficult to believe, I know.

In class I am in the

process of teaching called Nourish Your Whole Self. I showed the photos as I usually do, and quickly followed up by saying that if they don't believe it, they should try it themselves. One woman in the class decided to try it and got the results you see in the photo after one week: the "hate" rice became moldy at a faster rate than the "love" rice. Another woman did the experiment with oatmeal and videotaped her findings, showing to the viewer that the oatmeal she sang *Amazing Grace* to and wrote "love" on had no trace of decay relative to the container of oatmeal that had "hate, bad, and ugly" on it, which it had become nothing short of ugly with splashes of blue mold on the sides of the glass and right smack in the middle of the blob of oatmeal. And, finally, another person from Australia did the experiment with red rice, putting five "negative words" on a jar, and five "positive words" on the other jar. The jar with the hateful words looked like a cottony mass of mold while the jar with the positive words remained unscathed. She stated that her kids find it hard to believe this could happen.

I suppose I would say for you to try this easy experiment for yourself. Aren't you curious as to what you will find? And, more importantly, what are you feeding yourself on a daily basis in conjunction with your food? My mantra above all else remains: Eat the energy you want to become and create the energy you want to be. I hope that you have enjoyed the quantum physics-spirituality approach to food that I have brought to this column for the past two years. It is most important to me that you have come away from these passages, feeling your



Deanna Minich says that, just like water, food responds to our consciousness. She tells her students about various experiments labeling jars of food and the results. One woman in the class decided to try this for herself and got the results you see in the photo after one week: the "hate" rice became moldy at a faster rate than the "love" rice. "My mantra above all else remains: Eat the energy you want to become and create the energy you want to eat," says Deanna.

own perspectives expanding, your heart being lifted, your body nourished, and most of all, your soul inspired. At this time, I am letting go for someone else to come into this sacred space to offer their gifts and insight to you. I thank Krysta Gibson for allowing me to share my thoughts, ideas, and musings with this wonderful community; it has been such a gift to me!

I wish you an endless buffet of nourishment of body, mind, and spirit!

[Thank you, Deanna, for all you have shared with our readers. It has been a joy to work with you and we wish you the best in your continued work.]

In the August issue, we will welcome a new columnist, Naturopath Dr. Teresa Goldsmith! — Krysta Gibson

Deanna Minich, PhD, CN, RYT, is a mind-body-spirit nutritionist and author who bridges together modern science with ancient spirituality in her novel approach to food and eating. See her websites, www.foodandspirit.com, and Facebook page, <https://www.facebook.com/foodandspirit?fref=ts>, for more details.



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JULY 22, 11:30-1 P.M.
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REDUCE YOUR STRESS LEVEL TO ZERO WITH MINDFULNESS
- East West Bookshop, 6500 Roosevelt Way NE, Seattle. Learn the basics of FosterEFT and why it's called It Healing Magic. For more information visit www.eastwestbooks.com/events

JULY 24, 6-7 PM
NEW MOON MANIFESTING CALL - Live on the phone - replay available. Powerful New Moon in Gemini. Take a journey through the energy of this new moon's energy. Astrology info, healing and guided meditation. Contact Dakota 425-267-9738, dakara@dakara.com. Full details <http://http://www.NewMooned.com>

SATURDAY, JULY 26 10 AM - 4 PM
FREE COSMOS WELLNESS FAIR: The region's largest summer metaphysical event, sponsored by the Boeing Employees Parapsychology Club. Top speakers, vendors, readers, healers, jewelry books, more. Open to the public. Free parking. 525 Fourth Ave. N. in Kent. B9Cweblog.

OCTOBER 4, 2014 11-7PM & OCTOBER 5, 2014 11-6 PM
EMMERT - EMPORIUM OF THE WEIRD Comic Arena, Everett, WA. Come and get your weird on! Booth 4A. Contact Dakota 425-267-9738, dakara@dakara.com - Details <http://http://Dakara.com/events.html>

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Swimming Lessons for Dogs?

It has been my experience, from a lifetime of living with dogs, that they usually are not born knowing how to swim. Many breeds are naturals when it comes to water, but most of the time they have to learn how to swim. My own golden boy, Robbie, has recently confirmed this idea for me.

Robbie is a golden retriever, a breed that is often referred to as a water dog, and he has loved the water since the beginning. Whenever I have had him around the local rivers, he has always made a beeline for the water. I have allowed him to run around and play in the shallow areas by himself or with another young dog friend, where it is safe and swimming is not an option. He eagerly jumps into any swampy water holes in the forest where we hike but none are deep

enough for swimming. He has been in love with his kiddie wading pool since I got it for him last summer. He jumps in and lays down in it immediately upon filling.

I have wanted to help him learn how to swim but the opportunity and time to do it just did not happen until this spring. He is just over a year and a half old now, so it was past time. Summer is the ideal time for this activity, so in case you have a dog who is aching to bring out their inner swimmer, I will share how I teach my dogs the sport. (There are other options and tricks that I will also share with you at another time.)

It is never a good idea to force the issue. If you drag a dog into the water or carry them out to deep water and drop them in, you risk really frightening them and creating a fear so strong, you ruin the experience forever, or at least for a long time to come. I recommend taking advantage of "monkey-see-monkey-do." Dogs are really good at this. There are two ways to approach this method.

In the first case, you are the one they

follow and copy.

This of course, requires that you get into the water. When I was younger, this is a method I did many times. I remember some great times teaching my dogs to swim in Lake Washington in the arboretum. We would walk into the water and I taught them to swim and then to follow me

out to the 520 bridge. We all climbed up

on an accessible dead end area. Then they learned to jump off it back into the water and swim with me back to shore. Great fun way back then, but it is no longer legal, sorry.

The downside to this approach is that you risk them swimming too close to you and scratching you with their claws,

so make sure their nails are trimmed and smoothed off with a dremel/grinder.

Some practice is necessary to teach them to keep a safe distance from you. This is best done while you are standing in deep water up to your chest and they are swimming around you. Unless you are a very strong swimmer and can teach them while treading water.

At my age now, I prefer the second option. Let them copy another dog. This is what I did with Robbie recently.

We met up with some friends of mine that have a seven-year-old golden female



Our Animal Friends

by Martha Norwalk

that loves to swim and retrieve in the water. They also live very close to a small public beach on Lake Washington. We picked a nice spring day and took the dogs to the beach.

I dressed in water shoes and shorts so I could ease into the water up to at least my knees. We took along two water-retrieving dummies for the dogs

to go after. Robbie already knew how to retrieve

and is an avid Frisbee and ball retriever. He

had never seen a retrieving dummy so

this is part of where the "monkey-see-monkey-do"

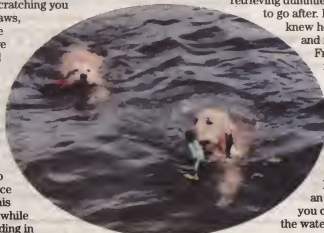
came into play. I like to pick

an area where you can walk into the water from a shore

Robbie (above right) gets a swimming lesson from his friend, seven-year-old Golden Retriever Lali.

area. Jumping into water must be taught after the dog knows how to swim and is already comfortable in the water. First, I waded in with the dogs and Robbie romped

Continued on Page 15



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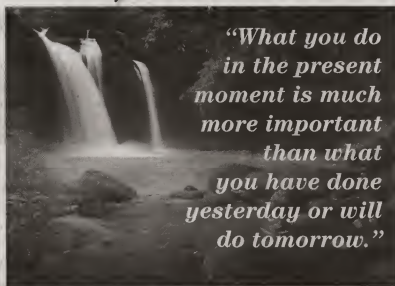
Living In The Now

Channeled by Matthew Douglas

The purpose of the process you are undertaking is to bring change to the world by changing yourself. When we say, "change yourself," we mean find the truth in yourself. Be who you are and live your truth, so that you do not become what is false in this world. If you are not true to yourself, how can you expect to bring truth to others?

One area that is important to focus on if you are to live in your truth, is to consider the goals that you want to accomplish or complete in your life. What are the things that you have always wanted to do? It is important to realize that you may not have time to actualize every goal and that everything you want to do in life is not guaranteed to come true. If a goal you have is not present in your mind and there is no urgency behind making it come true, then it never will. If, in your mind, something you want to achieve for yourself is always something to be done in the future, then when will it ever be the present?

In order to accomplish your life goals, you must bring them into the now by taking steps towards making those goals happen. Living in the now means you are focused on the present moment, and placing your goal there means that



you see it as something that is happening right now. If you bring your goals from the future of your mind, into the present moment, then you will think about those goals in the now and take action on them in the now.

By realizing the difference between things that exist only in the future and things that are living in the now, you can recognize how much of your life you are putting off for a time that may never

come. To live in your truth, you must make a conscious effort to bring more of the important things you wish to accomplish for yourself out of the abstract future and into the present moment.

In order to bring light into the world, you need to look within. By looking within, you can bring your happiness to this world, a world that can benefit from more light and happiness. A powerful step to enable you to bring out your light and shine it on this world, is to live in the now. Look at the steps you are currently taking, note the steps that you have yet to take.

When you walk down the street, you do not look behind you at the steps you took to get to the point where you are walking. Perhaps as you walk, your mind thinks

about your destination, or focuses on where you are walking to next. Instead, focus on where you are walking now. Take a look around you, become present, and observe your surroundings. You may gain a new perspective and see things differently than before. You may notice something that you never knew was there. This is the beauty of walking in the now: you have the time to experience life, encounter the unexpected, and become aware of opportunities that you didn't know that you had.

Opportunities and new experiences exist in the present moment. If you take a step in that direction, you will help the world to take a step in a new direction: the direction of being in the now. Allowing yourself to experience the joy of living in the now is a powerful way to release your love and light into this world. Now is the time, now is forever.

You are love, you are light, you are the power beyond and it is found within. We Are Rainbow Walker. Thank you.

Matthew Douglas realized he was a natural channel for Rainbow Walker in 2003 and has been channeling them ever since. Rainbow Walker is a collective of spiritual guides who call themselves Rainbow Walker. Rainbow Walker includes Yogi, Joy, Zac, and Seth. Matthew is dedicated to sharing their transformative information with the world. He is passionate about spreading their inspirational work and enjoys helping other people find their true path by looking within. www.RainbowWalkerBooks.com e-mail: Matthew@RainbowWalkerBooks.com

Swimming Lessons for Dogs?

Continued from page 14

around me for a little while. Then my friends started throwing a dummy for their dogs and he enthusiastically ran in after it. Robbie wanted so badly to follow her but would turn back when it started to get deep.

After the other dog went back and forth a few times, Robbie could hardly stand it. At that point, once the other dog was on her way to a dummy way out in the water and Robbie was in the water, still standing and watching after her, I threw another dummy a little ways out in front of him, almost far enough to require him to swim just a little. He went for it. Yay! I had been verbally praising him for all attempts at going into and farther out in the water but at this point, we had a huge celebration. He was really proud of himself and we continued the game. A throw for the other dog, Robbie starts to follow and I throw him a dummy, each time a little bit farther out in front of him, until he was really swimming a good distance for the retrieve. All with raving applause and hoops and hollers from his human cheerleaders.

One thing to be aware of is that when dogs first try to swim, they paddle like crazy with their front paws and do not use their rear legs. This makes their rear end sink and they must struggle to stay afloat and their front paws do a lot of splashing. You have most likely seen this before. If you let them tire themselves out until they must relax a bit in the water, their rear end will come up as they start to use it and their body levels out on the surface.

Once they get this, they are good to go. Robbie was no exception. When he first actually started swimming for the dummy, he was splashing like crazy. In his case, as soon as he got the dummy in his mouth, he relaxed and his rear came up and he could swim well.

What a fabulous time we all had that day. Both of us can hardly wait for next time!

Martha Norwalk is an animal behavior therapist and host of Martha Norwalk's Animal World, Sunday mornings, from 9 a.m. to noon on Alternative Talk AM 1150. She can be reached at Martha's Canine, Feline and All Creature Counseling at (360) 217-7255 or www.marthanorwalk.com. For a free, no obligation telephone evaluation or to make an appointment for Martha to work with you and your animal friend, give her a call.

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We are very happy to announce we will be joined every third Thursday of the month by Dr. Tami Meraglia, owner and creator of Vitality Medspa and Medical Clinic in Seattle. Dr. Tami will take calls and help our listeners with their current health questions and needs. Tune in on and connect to her amazing spirit, energy and wisdom. And, don't forget to have your questions ready for her to answer!

Tami be a regular with us every third Thursday of the month, right before our visit with Krysta Gibson, founder of New Spirit Journal.

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Is Your
Past
Past? 3



Swimming Lessons
for Dogs? 14



A Real Day
of Vacation 10



Your Living
Food 12

A Grief Toolkit for the Living

By Trisha Mahi

When someone close to us dies, a process of adjustment begins. This may be made easier by following some of the examples that speaking to the dead have provided.

1. Don't worry about promises made about burial arrangements that can't be accommodated.

The enlightened dead seem to care very little about burial arrangement snafus and 3-D issues that they view as out of the bereaved person's control. For instance a man's final wish was to be buried next to his father in a well-manicured gravesite. He wasn't.

His girlfriend "went on the cheap" to put it in his words. Soon after the man's death the girlfriend skipped town. She had him cremated and the location of the ashes is a family mystery.

This left the dead man's sister in a terrible state. It was her brother's wish to be buried next to his father. During the reading, he came on as a very funny, forgiving, calm soul who said he "didn't give a lick" where he was buried or where his ashes were. He said, "I don't care if you park cars at my gravesite." He showed an old, rusty V-8 engine plopped on top of his grave.

His sister said, "That's my brother! He had to clean up all the old rusty cars and car parts when my dad died; that fits!" So, two things happened: She was forgiven for not burying him in the way that was planned, and he had proven to her who he was by telling a story from his past that she remembered: rusty cars! The woman went away feeling better

Continued on Page 6